



Forgiveness and the Healing Process: A Central Therapeutic Concern

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Many people come for help because they remain stuck in a destructive relationship, job, legal battle or memories of child abuse. A growing number of therapists believe that forgiveness is of crucial importance in helping people break away from these patterns of resentment and revenge.

Does forgiveness help? Or is the concept out of date in our more secular society? *Forgiveness and the Healing Process* considers this debate. Experienced contributors:

- * Consider the place of forgiveness in working with individuals and couples
- * Explore the benefits of mediation as a way forward both for the individual and the organisation, and also within the criminal justice system
- * Offer a valuable insight into South Africa's Truth and Reconciliation Commission and the crucial role of forgiveness in post-apartheid South Africa
- * Examine a client's view of seeking forgiveness
- * Present new frameworks for workers seeking to help people cope with trauma and injustice.

Forgiveness and the Healing Process helps counsellors, psychotherapists, social workers, mediators, psychiatrists, and those working in the criminal justice system understand how forgiveness can facilitate the therapeutic process.

Cynthia Ransley is a lecturer and course leader in social work at Brunel University. She is an integrative psychotherapist, supervisor and trainer in London.

Terri Spy is a counselling psychologist and fellow of the British Association for Counselling and Psychotherapy. She is a London-based integrative psychotherapist, supervisor and trainer.

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